



In the footsteps of a vanished climber



Sketch book: Mark Power's drawings from his Tibetan trek including, right, one of the peaks in the Kama Valley, his personal favourite

By Gail Norcliffe

It was a chance discovery at the book exchange in East Finchley Tube station that led local architect Mark Power to join a trekking expedition in the footsteps of mountaineer George Mallory who vanished on Mount Everest.

Both Mark and Mallory are former pupils of Winchester College and Summerlee Avenue resident Mark grew up haunted by what had happened to the climber, to whom there is a memorial in the school's cloisters.

The story was rekindled for Mark by happening to pick up a copy of Wade Davis's *Into the Silence: Mallory, The Great War and the Conquest of Everest* at the Tube station. The book tells the story of how Mallory and his young companion Sandy Irvine mysteriously disappeared on the mountain in 1924.

It remains unknown whether the pair were the first ever to reach Earth's highest point, potentially 29 years ahead of Edmund Hillary and Tenzing Norgay achieving the feat in 1953.

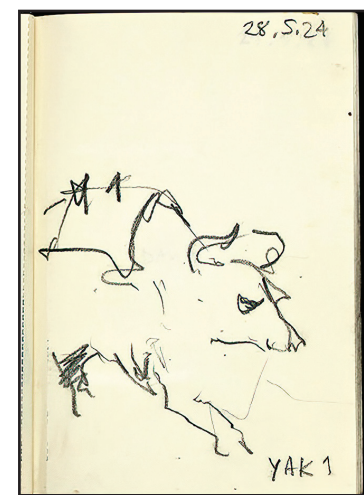
The discovery of the book prompted Mark into signing up for his school's expedition to follow some of Mallory's routes a century after he vanished. Mark felt he was unlikely to be accepted for his mountaineering abilities, so instead offered himself as a draughtsman and watercolourist to produce a unique record of

the trek. The expedition group of eight decided not to attempt Everest itself, but rather to trek through the Kharta and Kama Valleys of Tibet where Mallory had walked in 1921 with other Winchester College alumni in their first reconnaissance of the region.

Starting in Tibet in late May 2024, the culmination of the centenary was a commemorative breakfast held before the North Face of Chomolungma-Sagarmatha-Everest on 8 June 2024, exactly 100 years after Mallory's disappearance. Since his remarkable adventure, Mark

has been busy pulling together his expedition sketches and watercolours into an attractive and compelling book titled *Vanishing: A Tibetan Sketchbook*.

He introduced his book and the story behind it to an audience at the Phoenix Cinema last December, sharing some of his breathtaking sketches. The presentation was followed by a screening of the 1925 film, *The Epic of Everest*, with a newly edited soundtrack. Copies of Mark Power's book are available via the Box Office at the Phoenix or from Mark at mark-power@millspower.com



Mountain transport: One of the team's trusty yaks

Why do my New Year's resolutions never stick?

By Lucas Bouvier

By February, most New Year's resolutions have already been abandoned. Gym memberships go unused, journals remain blank, and familiar self-criticism creeps in. Why can't we ever stick to the changes we promise ourselves?

In 2026, with the swirl of big issues like rising living costs, climate change anxiety and world politics, it is not surprising that our attention is being directed to other places, making it harder to achieve these goals.

When so much of our mental capacity is spent staying informed and protected, there is often little left for self-improvement. This is okay. It's okay that your goals currently feel unattainable in the world we are living in. The first step forward is to drop the baggage of self-blame.

This does not mean avoiding responsibility for what we can control but rather recognising that we do not need to carry blame for circumstances beyond our control. It can help to remind yourself: "Even though I haven't achieved my New Year's resolution, I am still good enough. As self-blame softens, we can begin to notice what is already going well.



Be resolute: Lucas Bouvier

A regular gratitude practice is widely recognised as grounding. It can help to write down or think about three good things that happened today.

After a few days of grounding yourself in this way, small and realistic goals often feel more achievable. This might mean reading for five minutes a day or going for a 30-minute

walk once a week. Over time, confidence grows through consistency. Remember that change is a marathon, not a sprint.

For some people, repeated difficulty with change may have deeper roots. We can often trace this back to certain childhood experiences, which are then expressed later on in our lives as anxiety, low confidence, and depression.

If you feel like there is a deeper reason for not making the changes you would like to make, consider having a chat about it with a friend or reaching out for professional help.

Lucas Bouvier is a Cognitive Hypnotherapist specialised in working with anxiety, low confidence, and depression. He works in East Finchley and online. Contact him on 07884 369560 and lucas@lucas-bouvier.com or learn more at lucasbouvier.com.

Stay active when it's cold outside

By Sunnah Rose

When the weather turns cold, it can be very tempting to stay curled up indoors but staying active during colder months is important for our physical and mental well-being. One of the best ways to keep moving is by practising yoga at home. It requires little space, no equipment, and can easily be adapted for all fitness levels.

A simple full-body yoga routine can begin with gentle warm-up movements to loosen stiff muscles. You could start with a lying down spinal twist and some cat/cows – both of which warm up the spine and improve flexibility. If you practise in a slow and controlled way with connection to the breath, they help prepare the body for stronger poses and reduce the risk of injury.

For strength and balance, try downward-facing dog, which stretches the legs, back, and shoulders while building upper-body strength. And doing some planks helps engage the core and also improve your posture overall. Remember all these poses can be modified to suit your needs, for example make them one-legged planks or do a downward dog against a chair. Holding each pose for five breaths helps to build focus

and endurance. Finish your routine with calming stretches such as seated forward fold and/or child's pose, which relax the muscles.



Stay supple with home exercises

Sunnah Rose runs yoga, pregnancy yoga and postnatal yoga sessions in East Finchley. For more information visit www.stretchingpeople.co.uk or email sunnahrose@gmail.com